Brilliant Me 60 Minute Online Session Themes | Ages 5-7

Brilliant Me & My Confidence



Brilliant Me & My Feelings



Brilliant Me & My Ideas





10 sessions that help children discover their most confident self

- 01 Ways to Show My Confidence
- 02 What do I Like About Being Me?
- 03 I'm Awesome and I'm Proud of Myself
- 04 Making Friends
- 05 Finding My Big, Loud Voice
- 06 Celebrating What Makes Me Special
- 07 Sometimes Winning is Having the Courage to Start
- 08 Will I Be OK?
- 09 Daring to be Different
- 10 Fear, Bravery & Courage

10 sessions that help children think positively and let go of perfectionism

- 01 Developing a 'Can Do' Attitude
- 02 The Power of YET

Brilliant Me

& My Mind

- 03 When Things Don't Go to Plan
- 04 Catching Negative Thoughts
- 05 It's Ok to Make Mistakes
- 06 Being Kind to Your Mind
- 07 What if I Can't do it?
- 08 Embracing New Challenges
- 09 Seeing Mistakes as Opportunities
- 10 Getting Back Up After Failure

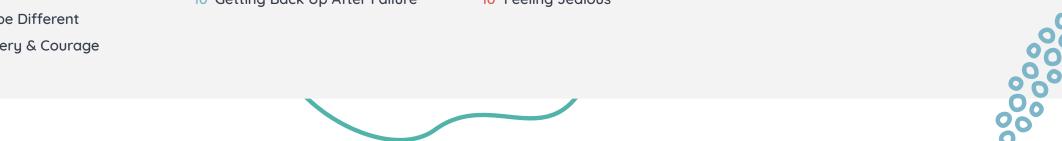
10 sessions that help children name their feelings and manage big emotions

- 01 Name that Feeling
- 02 Feeling Angry
- 03 How to Shrink My Worries
- 04 Kindness
- 05 Mu Worry Box
- 06 Getting Caught up in a **BIG Feeling**
- 07 Uncomfortable Feelings
- 08 Is it all About Winning?
- 09 Listening
- 10 Feeling Jealous

10 sessions that help children believe in their ideas and capability

- 01 Using My Imagination
- 02 Thinking Creatively
- 03 Growing an Idea
- 04 My Pirate Map Adventure
- 05 All the Ways I'm Smart
- **06 Every Story Starts with Nothing**
- 07 Can You Solve a Problem?
- 08 Thinking Outside the Box
- 09 How Do You Find an Idea
- 10 Creative Play





Core Life Skills 60 Minute Online Sessions | Ages 8-10

Collaboration



Resilience



Leadership



Creative Problem Solving



- 10 sessions that help build confidence and communicate effectively with others
- 01 Teamwork; Why & When is it Important?
- 02 Communication Skills
- 03 Negotiation and Conflict Resolution
- 04 Public Speaking & Presenting
- 05 Interview Skills
- 06 What Makes a Good Team?
- 07 Communication & Collaborating Online
- 08 Teamwork in Action
- 09 How to Disagree and Say No*
- 10 Debating as a Team

- 10 sessions that help develop a positive mindset, learn how to handle mistakes and thrive
- 01 Growth Mindset vs Fixed Mindset
- 02 Making Mistakes
- 03 Neuroplasticity
- 04 Comfort Zone
- 05 Mindset & The Power of YET
- 06 Dealing with Unhelpful Thoughts
- 07 Mindfulness & Gratitude
- 08 Worries & Anxiety
- 09 Emotional Resilience
- 10 Keeping Your Mind Healthy

- 10 sessions exploring 'everyday leadership', helping children reflect on their strengths and how to impact others
- 01 Growth Mindset in Leadership
- 02 Am I Really a Leader?
- 03 Using My Strengths
- 04 The Importance of Listening
- 05 Empathy
- 06 How Do I Make a Difference?
- 07 Leadership Language
- 08 Humility and Likeability as a Leader
- 09 What's My Leadership Style?
- 10 Leadership Skills in Action

- 10 sessions that help develop independent thinking and innovation skills
- 01 What is Creativity?
- 02 Steps to Solve a Problem
- 03 Generating Ideas
- 04 Critical Thinking
- 05 Innovation
- 06 Growing My Creativity
- 07 Creative Problem Solving in Action
- 08 Thinking Differently to Others
- 09 Judgement & Decision Making
- 10 Dragons Den Product Design





Life Skills Sessions | Ages 11-13



Collaboration



Resilience



Leadership



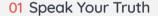
Creative Problem Solving



- 01 Knowing Your Strengths
- 02 How to Stop People Pleasing
- 03 Dealing with Difficult People
- 04 Navigating Friendships
- 05 Finding Your People



- 02 Keeping Negative Thoughts in Check
- 03 Anxiety Tool Kit
- 04 Overthinking
- 05 Comparison Culture



- 02 Owning Your Words & Actions
- 03 Leading in Difficult Times
- 04 Taking Responsibility
- 05 What am I Capable of?

- 01 Procrastination to Motivation
- 02 Independent Decision Making
- 03 Assessing Risks
- 04 Managing Conflict
- 05 Using Your Initiative





Marvellous Me 45 Minute Online Session Themes | Ages 3.5-5

Marvellous Me & My Confidence









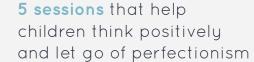




5 sessions that help children discover their most confident self

01 The Power of Friendship

- 02 Coming soon
- 03 Coming soon
- 04 Coming soon
- 05 Coming soon



- 01 Try, Try and Try Again
- 02 Coming soon
- 03 Coming soon
- 04 Coming soon
- 05 Coming soon

5 sessions that help children name their feelings and manage big emotions

- 01 Feeling Brave When We're Apart
- 02 Coming soon
- 03 Coming soon
- 04 Coming soon
- 05 Coming soon

5 sessions that help children believe in their ideas and capability

- 01 Together We Can
- 02 Coming soon
- 03 Coming soon
- 04 Coming soon
- 05 Coming soon



